



Dracut Council on Aging Newsletter

MAY 2014

951 Mammoth Road · 978-957-2611 · Fax 978-957-6442

Editor, Joyce H. Shadan

Website: **www.dracut-ma.us**

E-Mail: **councilonaging@dracut-ma.us**

This month we have much to observe, remember and honor. Mother's Day and Memorial Day are unrelated holidays but share similar remembrances. We show appreciation for our mothers for their love and nurturing. We remember the many times they have gone to great lengths to protect and support us. Our memories are filled with fond experiences when we felt that all might be lost but somehow they managed to make them better. As we observe Memorial Day it seems a bit similar to how we feel about Mother's Day. We are remembering and honoring those who have protected us, kept us safe and also have secured our freedom as a nation. May is here and it's time to celebrate our mothers, our service men and women and to show our gratitude and appreciation.

Join us as we honor our veterans at this month's breakfast on Tuesday the 20th at 9am. All Veterans and their families are welcome, sponsored by The Dracut American Legion. The Friends of the Dracut Elderly would like to wish all a Happy Mother's Day with a Continental Breakfast on Thursday May 8 at 9:30.

Each year the Mass Bar Association will hold an informational talk on legal issues for seniors. This year Atty. Joan Kleger will be here on Thursday May 15th at 10am to speak on a "Legal Checkup". Bring your questions or concerns.

All stories have been submitted for the Legacies Writing Competition and the judges have chosen their winners. All authors are invited to the 10th Annual Legacies Ceremony on Friday May 23 at 12noon. A luncheon will be served.

Estate Planning can be challenging and complex. There is so much to understand about wills and trusts and so on. Atty. Mark Armstrong will be here on Thursday May 29th at 10am to present a talk on the Essentials of Estate Planning.

It's that time of year again for our Annual Talent Show on June 25th at 12 noon. The theme this year is Senior Prom so dress up and come for a lunch and a show of Dracut's super talented seniors. Sponsored by Home Instead of Chelmsford. Anyone who would like to be in the show please see Donna Houston. It's free but you must have a ticket, get yours in the office. Enjoy yourselves this beautiful month of May at Dracut's Center for Healthy Aging.

Happy May Day,
Joyce Shadan

COUNCIL ON AGING STAFF

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Joyce H. Shadan,
Executive Director
Judy Gilbert, *Social Services*
Volunteer Coordinator
Donna Houston
Outreach Coordinator
Pat Cahill
Clerk/Bookkeeper
Alma Reeves,
Administrative Assistant
Anita Chartier, *Bus Driver*
Russ Lahaise, *Bus Driver*
Charlene Bennett, *Bus Driver*
Gertrude Frechette, *Custodian*
Bob Houston, *Custodian*
Monica Gagne, *Greeter, CTI*

NUTRITION PROGRAM

Debra Lasorsa, *Site Manager*
Donna Campbell, *Site Aide*

COUNCIL ON AGING BOARD

Pat Merrill, *Chairperson*
Ann Casey, *Vice Chairperson*
Mary Jo Sudol, *Treasurer*
Renee Espinola, *Secretary*

MEMBERS

William O'Neill
Chet Pater
Gerald Surprenant
Lt. Mike Fleury
Louis Darvirris
Omer Matte
Anna Coullupy

Senior Center Hours
Monday through Friday
8:00 am to 4:00 pm
Second and Fourth
Monday open till 6pm

Your health and driving safely-RMV and you. Arthritis can make it difficult to perform physical activities such as turning your head and neck to check for traffic, reaching for the break pedal quickly in an emergency and adjusting rear and side mirrors. If you're not sure about whether you're moving fast enough in an emergency, see your doctor and consider having a driving evaluation. **Remember, MA is a self-reporting state that makes it your responsibility to report medical conditions that may affect your ability to drive safely.**

Donna Houston, Outreach Coordinator

To all moms, grandmothers and great-grandmothers a Happy Mothers Day wish. Memorial Day is also this month, a day of remembering the people who have passed on in our lives. Remember all our men, women serving our country, and all the veterans of all previous wars.

Judy Gilbert, Social Services/ Volunteer Coordinator

MERRIMACK VALLEY NUTRITION

A hot nutritious lunch is served Monday thru Friday at the senior center. Anyone age 60 or over is welcome. Reserve at least **THREE MORNINGS** in advance by calling Debbie Lasorsa between 9:00 am and 12:30 pm at 978-957-2611. Meals are served at the center at 11:30 am. \$2.00 donation. **Meals on Wheels** are available to eligible homebound seniors Monday thru Friday. **Call 1-800-892-0890** ask for meal on wheels. **Driver's urgently needed for the Meals on Wheels Program.** Training will be given to drivers on each route. A stipend is given to drivers.

Total time involved is between 1 & 1 1/2 hours. Please stop by the center or call **Debbie at A NEW PHONE NUMBER—978-957-2611**

DRACUT SENIOR CENTER

NEW: Extended Hours. The second and fourth Monday of each month open till 6pm.

May 5th & 12th

Learn more about our programs, services and events. Get information on SHINE, Transportation, Food Stamps, Needy Meds, File of Life, 911 Applications, Medical Equipment Loan Program, Meals on Wheels. Fuel Assistance, AARP Tax Prep, COA Library. Other general information and volunteer opportunities. Call Donna Houston for appointment at 978-957-2611

TRANSPORTATION PROGRAM

The DCOA & LRTA offers roadrunner service for Dracut residents. Roadrunner service includes to and from the senior center; food shopping, adult social daycare, hair salons, barber shops, quick trips, CVS, Walmart, banking, nursing home visits & other locations. The fare is \$1 each way and **bus ticket for 20 rides are \$18. You may purchase bus ticket from bus driver.** Quick trips are \$3.00 round trip.

MEDICAL APPOINTMENTS

Monday through Friday 9AM to 2PM

Lowell \$2.00 each way; Dracut \$1.00 each way

Tewksbury, Harvard Vanguard, Research Place, Lowell

VA & Village Square Chelmsford -\$3.00 one way;

\$5.00 round trip. As a courtesy to other riders the bus will only wait 5 minutes upon pickup. **Curb-side only.**

Everyone must be picked up before 2PM

Please reserve your ride with us as soon as you make your medical appointment. You must be ready for pick up one hour before your scheduled appointment.

VOLUNTEER PROGRAMS

Dracut Council on Aging Volunteers serve in a variety of ways according to personal preferences and abilities. Find out what may be available for you. RSVP (CTI) retired people 55 and over needed in a diverse range of volunteer activities. SCP (CTI) Senior Companions provide one to one compassion and support to older adults who need special assistance. FGP Foster Grandparent Program, volunteer in schools, daycare and Head Start facilities and after school programs. They work with children who need extra help and attention to thrive and succeed. Dracut public schools would like to have more FGP volunteers in their classes. Learn about opportunities and benefits with CTI's volunteer program. **Please call Judy Gilbert at 978-957-2611 or stop by the center.**

ALTERNATIVE FORMATS: To obtain this document in an alternative format (Braille, large print) or to make a reasonable accommodation (hearing device, signer, etc.), please contact A.D.A. Officer William Zounes at 978-453-9492

SHINE

(Serving Health Information Needs of Elders)

The SHINE program provides free, impartial health insurance information, assistance and counseling to Medicare beneficiaries. SHINE counselor Jill O'Sullivan will be available on **Wed. 14th & 28th**. Please make your appointment at the office by calling. 978-957-2611

FILE OF LIFE REMINDER

The File of Life is a magnetic card that contains pertinent emergency medical information. Free to Dracut seniors 60 years and older. Contact Donna Houston.

Health Clinics

Dracut Council on Aging

951 Mammoth Road

Nancy Harding, RN from the VNA
Every Thursday from 1:30-3:45PM,
blood pressure checks, weight monitoring
personal consultation. **Blood sugar test-
(3rd Thursday at 2:30 pm) for known
diabetics.** 100% OF ALL DONATIONS GO TO THE VNA FOR THE
ENHANCEMENT OF VNA SERVICES.



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DRACUT SENIOR CITIZEN'S CLUB

The Dracut Senior Citizen's Club is a social club. Any senior 60 years or older may join. You do not have to be a Dracut resident to join. Members meetings at the Dracut Senior Center on the 2nd and 4th Wednesday of each month at 1:00 to 3pm, unless otherwise noted. **Meetings: Wed. May 14th & 28th. May 23rd Anniversary Dinner Dance at Pelham Inn.**

A bingo game is held right after the meeting.
Annual dues are \$2.00 payable on meeting days. **Please call Mary Rowe for more info @ 978-697-6605**

THE FREE NEEDY MEDS DRUG DISCOUNT CARD

Save up to 80% on prescriptions

*No fees or registration

*No financial, age or residency restrictions

*Cannot be used with insurance

See or call Donna Houston at 978-957-2611

Or on line @www.needymeds.org. Download, print, clip
and save.

Second Hand Rose

Thrift Shop - Open Daily

Dracut Council on Aging

951 Mammoth Road

Donations of new or gently used, clean
items arrive almost every day and are
greatly appreciated.

General Public Welcome

All proceeds benefit the Friends of the
Dracut Elderly, Inc.

FRIEND'S OF THE DRACUT ELDERLY, INC.

BOARD MEMBERS

President, Michelle Runyan

Treasurer, Pat Cahill

Clerk, Barbara Dickinson

Member, Judy Fuller

Member, Linda Bloomgren

The "Friends of the Dracut Elderly, Inc." is a non-profit organization dedicated to supporting the needs of our older residents. They fund raise for the COA to supplement our programs, classes, holiday parties, health screening and wellness programs. We hope you will take this opportunity to join the Friends or renew your annual membership on the form below.

Sincerely

The Friends of the Dracut Elderly, Inc.
I would like to join or renew for the annual
fee of \$3.00.

I would like to make a contribution of \$10
\$25, \$50, \$100

NAME _____

ADDRESS _____

Please make checks payable to:

Friends of the Dracut Elderly, Inc.

951 Mammoth Rd, Dracut, Ma. 01826

THANK YOU TO

Monica Gagne for his generous donation
to the Friends.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
			8:30-9.....Free Breakfast 9:00-10:00.....Energetics 10:30.....Bone Builders 1:00.....Bingo 1:30-3:45...Nurse Nancy 1:00.....Reiki	8:30.....Free Breakfast 9:00.....Bowling 9-10.....Line Dancing 9:00Walmart & Blue Angus 12:00.....Cribbage 1-2.....Bone Builders 1:00.....Reiki
5	6	7	8	9
8:30-9.....Free Breakfast 10:00... Bone Builders 1:00.....Bingo 1:00.....Reiki Center Open Till 6:00	8:30-9.....Free Breakfast 9:00-10:00.....Energetics 9:00-11:00.....Art Class 9:00...Grocery Shopping 10:30... Bone Builders 12:30.....Knit/Crochet 1:00.....Reiki	8:30-9.....Free Breakfast 9-11Beginners Computer 10-11.....Bone Builders 10:00-11:00.....Tai Chi 11:15..Meditation Group 1-2.....Bone Builders 1:00.....Reiki	8:30-9.....Free Breakfast 9:30...Mothers Day Continental Breakfast 9:00-10:00.....Energetics 10:30.....Bone Builders 1:00.....Bingo 1:30-3:45...Nurse Nancy 1:00.....Reiki	7:00..Foxwood Day Trip 8:30-9.....Free Breakfast 9:00.....Bowling 9-10.....Line Dancing 9:00.Home Goods/Big Lots Applebees in Nashua 12:00.....Cribbage 1-2.....Bone Builders 1:00.....Reiki
12	13	14	15	16
8:30-9.....Free Breakfast 10:00.....Bone Builders 10:00 Affordable Hearing (Free Hearing Screening) 1:00.....Bingo 1:00.....Reiki Center Open Till 6:00	8:30-9.....Free Breakfast 9:00-10:00.....Energetics 9:00-11:00.....Art Class 9:00...Grocery Shopping 10:30.....Bone Builders 12:00.....Movie (12 Years A Slave) 12:30.....Knit/Crochet 1:00.....Reiki	8:30-9.....Free Breakfast 9-11Beginners Computer 10-11.....Bone Builders 10:00-11:00.....Tai Chi 11:15..Meditation Group 1:00..Senior Citizens Club Meeting 1-2.....Bone Builders 1:00.....Reiki	8:30-9.....Free Breakfast 9:00-10:00.....Energetics 10:00...Mass Bar Assoc. 10:30.....Bone Builders 1:00.....Bingo 1:30-3:45...Nurse Nancy 1:00.....Reiki	8:30-9.....Free Breakfast 9:00.....Bowling 9-00.....Line Dancing 9:00...Webster Square & Olive Garden in Nashua 12:00.....Cribbage 1-2.....Bone Builders 1:00.....Reiki
19	20	21	22	23
8:30-9.....Free Breakfast 10:00.....Bone Builders 10:30.Rep Colleen Garry Office Hours 1:00.....Bingo 1:00.....Reiki	8:30-9.....Free Breakfast 9:00...Veterans Breakfast 9:00-10:00.....Energetics 9:00-11:00.....Art Class 9:00...Grocery Shopping 10:30.....Bone Builders 12:30.....Knit/Crochet 1:00.....Reiki	8:30-9.....Free Breakfast 9-11Beginners Computer 10-11.....Bone Builders 10:00-11:00.....Tai Chi 11:15.Meditation Group 1-2.....Bone Builders 1:00.....Reiki 2:30.....Dracut COA Board Meeting	8:30-9.....Free Breakfast 9:00 -10:00.....Energetics 10:00.....Director Coffee Hour 10:30.....Bone Builders 1:00.....Bingo 1:30-3:45...Nurse Nancy 1:00.....Reiki	8:30-9.....Free Breakfast 9:00.....Bowling 9-00.....Line Dancing 9:00..Ocean State Job Lots & Al Fresca Ristorante 12:00..Legacies Ceremony 12:00.....Cribbage 1-2.....Bone Builders 1:00.....Reiki
26	27	28	29	30
CENTER CLOSED MEMORIAL DAY HOLIDAY	8:30.....Free Breakfast 9:00-10:00.....Energetics 9:00-11:00.....Art Class 9:00...Grocery Shopping 10:30.....Bone Builders 12:30.....Knit/Crochet 1:00.....Reiki	8:30-9...Free Breakfast 9..Begginner's Computer 10-11.....Bone Builders 11:15.Meditation Group 1:00..Senior Citizens Club Meeting 1-2.....Bone Builders 1:00.....Reiki	8:30-9.....Free Breakfast 9:00-10:00.....Energetics 10:00...Essentials Estate Planning 10:30.....Bone Builders 1:00.....Bingo 1:30-3:45...Nurse Nancy 1:00.....Reiki	8:30-9.....Free Breakfast 9:00.....Bowling 9:00.....Line Dancing 9:00..Christmas Tree & the "99" in Salem, N.H. 12:00.....Cribbage 1:00.....Reiki



Groups - Classes - Events



BEGINNER'S COMPUTING

With Pat Merrill
May 21st. –Jul. 9th
Wednesdays 9:00-11:00
\$15.00 for 8 Week Course

ENERGETICS

With Elaine Corsetti
May 1 –May 29th.
Tuesdays & Thursdays
9:00 –10:00
\$20.00 per session

TAI CHI

With Connie Rock
May 7, 14, 21 & 28th.
10:00—11:00
\$35 for Six Week Course

ART CLASS

With Stella Pappas
May 13, 20 & 27th
Tuesdays at 9:00 am to 11:00 am
\$40.00 per 8 week session
Sponsored in part by a grant from the Dracut
Cultural Council

BONE BUILDERS

Helps increase endurance & strength with
activities to improve balance & to prevent falls.
Warm up exercises, stretching. Class uses weights.
You work out at your own pace.
10:00-11:00 Mondays & Wednesdays
10:30-11:30 Tuesdays & Thursdays
1:00-2:00 Wednesdays & Fridays

New Meditation Group
with Connie Rock, In the Senior Center Li-
brary, Wednesday, 7, 14, 21 & 28th. at 11:15-
11:45

This group mediation will help quiet the mind. Relax the body, keys to improve our focus and is fun to do. It's a free class, sign up in office.

Lift Your Spirits

REIKI

Appointments are 1:00 & 3:00pm
each session is 40 minutes
\$3.00 a session

Reiki is an ancient touch therapy technique that compliments traditional pain therapies. Reiki has a positive effect on all forms of illness from minor to chronic conditions such as arthritis, fibromyalgia and other pain syndromes. It helps alleviate the negative effects of chemotherapy, post operative pain, depression as well as improving the healing rate.

Please call the Center to make an appointment.
@ 978-957-2611

NOTE: PLEASE PAY FOR CLASSES WITH
A CHECK MADE OUT TO:
The Friend's of The Dracut Elderly, Inc.

Bowlers Needed

Small candlepins Bowling @Park Lanes in Windham, NH Fridays at 9AM. \$12.00 includes bowling and all banquets. **Call the COA office at 978-957-2611**

BEGINNERS LINE DANCING

With Marcella Groulx
Every Friday @ 9:00—10:00 am **\$2 a class**
\$2.00 a class

Library News

DCOA Librarian: Ruth Chappas
The DCOA Library has a magnifier for enlarging print. The magnifier is available during Center hrs.

M.G. Parker Memorial Library
Library delivery to the homebound. Call **978-454-5474** for more info **www.dracutLibrary.org**

LEGACIES VOLUME IX ANTHOLOGY

Are available at the senior center for **\$3.00**
In Memoriam, Friends of the Dracut Elderly, Inc.
memorial cards are available at the center.

UP COMING EVENTS IN MAY

FREE BREAKFAST PROGRAM:

Oatmeal, Fruity muffin, Orange Smoothie. Cost is 50. for milk. **Mon.—Fri. at 8:30 Call Judy**

MOTHERS DAY

Continental Breakfast

Thursday May 8th at 9:30

Sponsored by The Friends of Dracut Elderly.

FOXWOOD DAY TRIP

Friday, May 9th

Please call Carol Gavriel at 978-957-5527 for information.

**Affordable Hearing, Monday May 12th
10 –12pm**

Please call for appointment at **978-957-2611**

DINNER & MOVIE

Tuesday May13th

Dinner at 11:30–Fishwich Sandwich. Please call Debbie at 978-957-2611 3 days in advance to reserve your dinner. \$2 donation is suggested.

Movie at 12noon-12 Years A Slave– In a pre-Civil War United States, Solomon Norhup, a free black man from upstate New York, is abducted and sold into slavery. In the twelfth year of his unforgettable odyssey, Soloman's chance meeting with a Canadian abolitionist, will forever alter his life.

MASS BAR ASSOCIATION

Thursday May 15 at 10AM

Atty. Joan Kleger will speak on
"A Legal Check- Up"
Bring your questions.

Rep. Colleen Garry

office hours **Monday, May 19th at 10:30**

Quick Trips for May 2014

Friday-May2nd..Walmart & Blue Angus

**Friday-May 9th..Home Goods/Big Lots & Applebees in
Nashua, N.H.**

**Friday–May 16th..Webster Square & Olive Garden in
Nashua N.H.**

**Friday-May 23nd..Ocean State Job Lot & Al Fresca
Ristorante**

Friday .May 30th.. Christmas Tree & 99 in Salem, N.H.

Dracut Senior Citizens Property Tax Work Off Program 2014

Work in a town department for 62.5 hours and receive \$500 off your property tax bill. Applicant must be 60 years or older, a resident of Dracut or current spouse of homeowner. Eligibility is based on income and other factors. Please call the senior center office at 978-957-2611 for more info.

VETERANS BREAKFAST

Tuesday May 20th at 9am

Sponsored by the Dracut American Legion
All veterans spouses are welcome to attend.

COFFEE WITH THE DIRECTOR

Thursday May 22nd. at 10am

Stop by for coffee and refreshments.
Discussion on up coming events, issues and concerns.

ESSENTIALS OF ESTATE PLANNING

Thursday May 29th at 10am.

with Atty. Mark Armstrong

FUEL ASSISTANCE PROGRAM 2013

Please call for gross income guidelines and to make appointment at **978-957-2611**. The last day to apply is **now May 15, 2014**. However, the last day for an oil delivery remains **April 30, 2014**.

Please Note: Copies of this newsletter are placed in the following locations:

Alexander's Pharmacy Inc., All Dracut Senior Housing Complexes, Bank North (Bridge St. Branch), Bridge Street Market Basket, CVS Pharmacy (Lakeview Ave.), Dracut Board of Health, Dracut Family Diner, Dracut Police Station, Dracut Town Hall Jeanne D'Arc Credit Union (Dracut Branch), Lucky Burner Service, Bobola's Restaurant, MV Chiropractic, Bridge St. Dracut, M.G. Parker Memorial Library, Pawtucketville Diner, Plaza Cleaning Center, Shaw's, St. Mary Magdalene Church, Tedeschi's (Mammoth Road), True Value, Dracut; St. Francis Church, Washington Savings Bank, 100 Broadway, Dracut, Dracut Barber Shop, Top Donut, Village Inn, St. Marguerite D'Youville Parish.

KEY:				Home Delivered Meal				Nutrient Analysis meets				1 High Sodium Meal				2			
Kcal = Kilocalories				Diabetic clients may				1/3 of the RDI				Italian Sausage with				Baked Fish Florentine			
Na+ = Sodium mg.				consider reserving some				(Recommended				Pasta & Marinara Sauce				Roasted Red Potatoes			
CHO = Carbohydrates				meal items for a snack.				Daily Intake)				Kernel Corn				Ketchup / Peas and C			
in Grams				Congregate participants				\$2.00 per meal.				Fresh Orange				Tapioca Pudding / Diet			
from Fat				can reserve packaged				All Meals served with				Italian Bread				Whole Wheat Bread			
dessert, bread and milk.				Kcal				Kcal				Kcal				Kcal			
833				539				555				833				742			
90				870				789				1012				974			
41				65				67				91				101			
31				31				27				43				90			
13				13				14				15				16			
Fishwich Sandwich				Chicken Fajitas				Roast Turkey with Gravy				Salmon, Broccoli and							
with Cheese				LF Sour Cream / Shredded				Whip Potatoes / Cran. Sauce				Ziti Alfredo							
Tartar Sauce				Pineapple Cup				Peas & Carrots											
Sweet Peas				Kernel Corn															
Peaches				Pineapple Cup				Plain Cake Diets & MOWs				Fresh Orange							
Sandwich Roll				Tortilla				Oatmeal Bread				Light Rye Bread							
Kcal				Kcal				Kcal				Kcal							
830				712				866				491							
1220				822				942				443							
98				90				116				65							
36				33				28				65							
20				21				22				23							
New Orleans Chicken				Macaroni & Cheese				Turkey Ham & Raisin Sauce				Crunch Lite Fish / Tart							
White Rice				Zucchini & Stewed Tomatoes				Bake Potato/LF Sour Cream				Potato Wedges / Ketc							
Scandinavian Vegetables				Fruited Gelatin / Diet Gelatin				Tuscan Blend Vegetables				California Blend Veget							
Pineapple				Low Fat Muffin				Fresh Apple				Fig Bar							
Snowflake Roll				Kcal				Whole Wheat Dinner Roll				Multigrain Bread							
Kcal				Kcal				Kcal				Kcal							
543				814				671				749							
914				815				1203				946							
78				116				97				90							
21				32				26				90							
27				28				29				30							
Honey Curry Chicken				Sweet & Sour Meatballs				Chicken Louisiana				Baked Salmon							
Whip Potato & Chives				White Rice				White Rice				Scalloped Potatoes							
Cranberry Sauce				Asian Blend Vegetables				California Blend Vegetables				Green and Gold Bean							
Carrot Coins				Fresh Orange				Peaches				Butterscotch Pudding							
Fruit Cocktail				Whole Wheat Dinner Roll				Oatmeal Bread				Pudding / Snowflake							
Multigrain Bread				Kcal				Kcal				Kcal							
Kcal				690				509				927							
Na+				Na+				Na+				Na+							
747				791				537				703							
74				84				65				132							
23				36				25				90							